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Cop found dead in police station

INVESTIGATION Belleville police are investigating after the apparent suicide of a police officer who appears to have shot himself inside the station yesterday morning.

Police say the body of Mike Eby, 51, was discovered in a locked office at about 8:30 a.m.

Eby was a 20-year veteran with the Belleville Police Service. He worked as a crime-analysis expert.

A post-mortem on Eby's body is scheduled for today in Kingston.

Although Ontario's Special Investigation Unit was contacted, it will not be investigating the incident.

CTVOTTAWA.CA

Ottawa pg 3

Marathon meeting for transit plans

Gift Guide pg 11-14



Everyone is talking Elmo

Tech Now pg 10

Hunting for parking spots

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Gov. Gen. Michaëlle Jean delivers the speech from the throne yesterday on Parliament Hill. The speech outlined plans to deal with the current economic crisis. More coverage, page 6.

Deficits possible

Tories say safety over surplus

Warning of the potential for short-term deficits and government belt-tightening, Prime Minister Stephen Harper's Conservatives yesterday unveiled a throne speech it says copes with "extraordinary" financial challenges.

"This is a time of unprecedented extraordinary global economic challenge and uncertainty," Gov. Gen. Michaëlle Jean said as she read the speech in the Senate.

But despite the grim news, the speech was vague on government help for hard-hit sectors, such as auto manufacturers. And Finance Minister Jim Flaherty made clear that a stimulus package to kick-start the economy is still months away.

"It certainly will not be in the fall economic update. It's not a mini-budget, it's an update," he said.

But Flaherty didn't rule out new measures to rescue the economy eventually. "If it means that we would run a (budget) deficit, we'll run a deficit, because the purpose here is to manage the economy effectively for Canadian families, not to artificially create a small surplus."

The throne speech did promise to speed up infrastructure funding to get some \$3 billion in projects now tied up in red tape built "as soon as possible."

NDP Leader Jack Layton said the speech failed to "capture the great difficulties many families are facing."

"Canadians were expecting some bold and significant action with regard to this urgent economic crisis," said Layton. His party will be opposing the throne speech.

The throne speech touched on topics such as the Conservatives' law-and-order agenda and energy policy. But it made clear the priority for coming months would be the economic downturn.

TORSTAR NEWS SERVICE

Arrests, expulsions follow drug busts near city schools

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Two men face trafficking charges and more than 50 students were either suspended or expelled following an undercover investigation near several city high schools that yielded marijuana, ecstasy, weapons and cash.

Ottawa Police announced yesterday that a two-week probe this month into criminal activity in the vicinity of several high schools has led to the arrest of Spencer Hughes, 21, and Duy Phuong Nguyen, 18. Two 17-year-old males have also been charged.

Police seized 1,800 grams of marijuana with an ap-

proximate street value of \$27,000, as well as a small number of ecstasy tablets. Weapons, cellphones and cash were also seized.

While the men were charged with trafficking marijuana and ecstasy, the young offenders were charged with trafficking marijuana in separate incidents.

The investigation fo-

cused on incidents at lunch hour, before and after school, and did not involve incidents on actual school property, said Staff Sgt. Lynne Turnbull, who co-ordinated the investigation.

Other charges include drug possession, obstruction of police, and Liquor Licence Act and Highway Traffic Act offences.

The schools, which po-

lice refused to identify, have expelled two students and suspended more than 50 students in connection with the investigation, Turnbull said.

Police also issued warnings to 100 students under the Youth Criminal Justice Act.

Police are currently "working on similar initiatives," she said.

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Rush-hour alternative urged near Canada Post headquarters

Traffic at Heron Road and Riverside Drive has been congested during morning rush hour this week due to picket lines set up by strikers at Canada Post headquarters. City police yesterday urged motorists to find alternate routes around the site, to avoid major traffic delays. **OTTAWA POLICE**

Ottawa



Falling load

Provincial police said yesterday they are seeking the driver of a log truck that lost part of its load on Highway 417 near Lees Avenue, damaging several vehicles on Tuesday. Three vehicles following the tractor-trailer were damaged, but there were no injuries. The driver of the truck briefly stopped but fled before officers arrived. Anyone with information can call 613-270-9171.

ONTARIO PROVINCIAL POLICE



Male suspect sought in CIBC bank robbery

INVESTIGATION Ottawa police are asking for the public's help in identifying a man believed to have robbed a CIBC bank on Lorry Greenberg Drive on Tuesday.

At 4:45 p.m., a man entered the bank and demanded money from a teller. The suspect fled on foot with cash. There were no injuries and no weapon was seen.

The suspect is described as a black male, 19 to 23 years old, and approximately five-foot-four with a slim build. He was wearing a white bandana over his black hair and a puffy black, down-filled winter jacket and black pants at the time of the robbery.

Anyone with information is asked to contact police at 613-236-1222, ext. 5116.

METRO OTTAWA



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Lotteries
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Ontario Pick 3: 5 3 8; Ontario Pick 4: 8 9 1 8
Encore: 8782265
Daily Keno: 6, 7, 10, 11, 17, 22, 23, 28, 29, 32, 35, 39, 53, 54, 59, 60, 62, 64, 68, 70
These results are not official.

Another chance at bat

League to run team for '09 until new owners found

TRACEY TONG
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The bid to keep professional baseball alive in Ottawa is going into extra innings.

With a plan to make baseball here "family-friendly and family-oriented," the Canadian-American Association of Professional Baseball announced yesterday the league would operate a team for the 2009 season until new owners are found.

The former Ottawa Rapidz team was dissolved when it declared bankruptcy at the end of September after only one season. But Can-Am commissioner Miles Wolff has confidence that baseball can survive, and even thrive, in Ottawa.

"We're not going to fold up our tent and run away." Local operators "are the preference." But the league — which has a lease with the city for Ottawa Stadium for the next year — is committed, even if they don't find ownership in time for 2009.

The last game of the season in September drew more than 5,000 fans, leading Coun. Bob Mon-



Can-Am League commissioner Miles Wolff and city councillor Bob Monette announced during a press conference that an Ottawa baseball team will return for the 2009 season.

Ownership

- The fees for whoever eventually owns the baseball team would be \$750,000 next season.

ette to believe that people in Ottawa "are excited about baseball."

After the game, players signed autographs on the field, he added. "That shows there is interest in Ottawa," he said.

Wolff believes that "at

least half" of the players from the inaugural season will return, and said players elsewhere in the league have expressed interest in coming here.

"Ottawa has the best field ... and the best amenities, which make it

easier to attract players. I still believe this is the best baseball stadium in all of Canada."

Many of the details still have to be looked at, including a name for the team.

"There's a good awareness now for the name Rapidz. It would be great to keep it, but there might be reasons we can't.

"I think if we do this right, this could be very successful."

Councillors' marathon meeting wrestles with transit

TIM WIECLAWSKI
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The original proposal was expected to prevail, but as of Metro's deadline last night, councillors remained engaged in a marathon meeting over Ottawa's transportation future.

Council chambers were packed during the day as 25 public delegations weighed in on the city's

Transportation Master Plan on issues ranging from ring roads, to a five-year moratorium on new road building, to the high-profile proposal by councillors Clive Doucet and Christine Leadman for an alternative transit plan.

The city recommendation for implementing the transit plan called for the initial phase to include a downtown tunnel, with light rail running from

Tunney's Pasture to Blair station by 2016. The Doucet-Leadman option claimed it could be done quicker and cheaper by running light rail down Carling Avenue.

Mayor Larry O'Brien commended Leadman and Doucet for presenting their alternative, saying last-minute "angst" before a vote on such a massive project was natural.

"This is going to be a ma-

major step forward. Now we have to go onto the next phase, which is how we are going to pay for the bits and pieces."

Deputy city manager Nancy Schepers said staff had examined the alternate plan and found, "There is no real analysis on ridership projections with the rigour that we did."

A motion to replace the city's plan with the alter-

nate plan was defeated 7-2, with Coun. George Bedard abstaining because there had been no opportunity to examine it.

"Unfortunately, councillors have decided that they do not want to look at these things, we do not even want to spend the weekend. ... we have to make the decision today," he said. "I'm disgusted with this entire approach."

TIM WIECLAWSKI/METRO OTTAWA



Drivers looking to fill their tanks in the capital were faced with the lowest price in years yesterday, with most Ottawa gas stations selling a litre of regular gasoline for about 77 cents – down 30 cents a litre since September. CTVOTTAWA.CA



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Christmas bells ringing

TRACEY TONG
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Times may be tough, but Salvation Army officials are confident that Ottawans will boost the annual Christmas Kettle Campaign to its half-million-dollar goal in '08.

"As an organization, we've lived through a lot of challenging times — World War I, World War II, the Depression, the recession in the 80s," said Michael Maidment, area spokesman for the Salvation Army. "And we're still here."

Along with the Salvation Army Brass Ensemble, the non-profit organization launched its annual kettle campaign at the Orleans Wal-Mart yesterday.

"I think it's going to be a challenge, but we expect to be able to meet the goal," Maidment said.

Their confidence has more to do with the community's generosity than the economy, he said.

"I've often described Ottawa as the most giving and generous city in the



Brandi Turner slips in behind Michael Maidment, left, of the Salvation Army and Mayor Larry O'Brien to make a donation during the launch of the Christmas kettle campaign yesterday.

world," said Mayor Larry O'Brien, who attended the launch with Orleans Coun. Bob Monette.

O'Brien launched the campaign with a \$100 personal donation.

The 117-year-old campaign funds 22 local programs that provide support to more than 5,000 families in need and is staffed

by 12,000 volunteers.

For Ottawa resident Brandi Turner, giving is as easy as looking at her own life and being thankful.

"I have three young children and I'm so glad to be financially able to put clothes on their backs and feed them. I'd like to see other kids have a great Christmas, too."

'Nefarious' defence line questioned

REVIEW A long-awaited review of Romeo Phillion's murder conviction got off to a rocky start yesterday when three Ontario Court of Appeal judges began questioning his lawyer's claim that evidence exonerating his client was suppressed for more than 25 years.

Justice Michael Moldaver suggested every theory put forward by James Lockyer, Phillion's lawyer, about what happened to the explosive evidence involves "nefarious" conduct on the part of the Crown and police. "That's not fair," said Lockyer. "That's really demonizing our position."

Phillion, 69, spent 31 years in prison for the 1967 murder of off-duty Ottawa firefighter Leopold Roy. While Phillion confessed to the killing in 1972, he recanted within hours to six police officers and his mother.

If exonerated, he would hold the distinction of having served more prison time than any other wrongfully convicted Canadian.

TORSTAR NEWS SERVICE

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



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I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

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IKEA 365+ serving platter, 3 tiers \$16.99. Glass, stainless steel. Detachable plates. Dishwasher-safe. L31×W27×H34cm. RA.

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Lead levels in most Canadians have dropped dramatically, but federal officials have no idea if the toxic metal is in young children. The number of Canadians with potentially dangerous levels of lead in their blood has dropped from 25 per cent in 1978 to less than one per cent. **TORSTAR NEWS SERVICE**

Canada

Cauchon stays out of race

Martin Cauchon, left, who as federal minister of justice lobbied for legalization of same-sex marriage and decriminalization of marijuana, has decided to stay out of the Liberal leadership race. The 46-year-old said yesterday that the prospect of taking on a heavy debt was the biggest factor in his decision.

METRO NEWS SERVICES

Conservatives to work for continental cap-and-trade

The Conservative government, shifting positions in the wake of Barack Obama's election as U.S. president, said yesterday that it would work to develop a North America-wide cap-and-trade system to limit emissions of greenhouse gases.

"We will work with the provincial governments and our partners to develop and implement a North America-wide cap-and-trade system for greenhouse gases," the government said as it unveiled plans for the new session of Parliament.

Obama favours much tougher greenhouse-gas reduction targets than those set by the Conservatives,

Throne speech priorities

- Pushing for a single securities regulator to strengthen financial oversight.
- Providing "further support" for the automotive and aerospace industries.
- For workers losing their jobs, the government "will ensure that existing programs and

services are as effective as possible in meeting the needs of Canadians."

- Keeping federal spending under control and focused on results.
- A pledge to increase international aid and promote democracy.

and says he will start a cap-and-trade system.

Environment Minister Jim Prentice told reporters that Canada's policy in part reflected Obama's election.

Green groups said the new positioning is largely academic, as Canada would likely go along with whatever

approach the new U.S. administration takes.

"I think we will be forced into a North American-wide cap-and-trade system that will basically be dictated by Washington ... We've got an integrated economy," said Stephen Hazell of Sierra Club Canada. **REUTERS**

Calgary The latest in food wear



Courtney Murphy wears a Paul Hardy-designed chocolate dress featuring Bernard Callebaut chocolate. The dress was created for a Paris chocolate fashion show and the Bernard Callebaut Chocolate's 25th anniversary celebration.

Poverty costs province dearly

REPORT Poverty costs Ontario a staggering \$38 billion a year — and we all pay the price, says a new report that offers the first-ever analysis of the problem's economic impact on everyone.

Although the province's 905,000 poorest households bear the brunt of the cost, everyone feels the pinch, says the report written by a group of leading economic and public policy experts to be released at Queen's Park today.

The social costs alone in Ontario are between \$10.4 billion and \$13.1 billion every year due to poverty — an amount that adds up to about \$2,900 per household, according to the report.

We all pay in increased costs for health care, crime and social assistance; in the loss of tax revenue that accompanies low earnings; and in the cycle of poor children growing up to be poor adults, it says.

"Poverty is not just about the homeless person on the sidewalk ... it affects everybody," said TD Bank vice president Don Drummond, one of two economists who worked on the report.

TORSTAR NEWS SERVICE

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News in brief

POLITICS The Liberal Party said yesterday it would not defeat the minority Conservative government. The Bloc Quebecois and the New Democrats said they would vote against the throne speech, but Liberal leader Stéphane Dion said it would be irresponsible to force another election now.

MURDER Toronto police have launched a "large scale" murder investigation after finding as many as four dead bodies in a home on the east end of the city, a police spokesman said yesterday.

ECONOMY Ontario Finance Minister Dwight Duncan says it could cost the province "billions" if the Detroit Three automakers go bankrupt and cannot make full pension payments to retirees. Thousands of workers at General Motors, Ford and Chrysler in Canada stand to see pension benefits cut if the companies go under.

METRO NEWS SERVICES



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Stricter regulation needed to ward off cybercrime epidemic: Experts

Cybercrime is likely to wreak as much havoc as the credit crisis in the coming years if international regulation is not improved, some of the world's top crime experts said yesterday. Damage caused by cybercrime is estimated at \$100 billion annually. **REUTERS**

7

World/Business

Trial for scribe's murder shut

Colleagues of murdered Russian reporter Anna Politkovskaya accused the government of a coverup yesterday after a judge barred the public from the trial of three men accused of helping kill her.

Politkovskaya, a fierce critic of the Kremlin, was shot dead two years ago, raising questions about Russia's commitment to freedom of speech.

Putin to return as president?

• The United Russia party meets today against a backdrop of fevered speculation that Vladimir Putin, the former president, may be preparing

for comeback to the Kremlin. The congress gives a platform for Putin, now prime minister, to re-assert his status as Russia's most popular politician.

Judge Yevgeny Zubov announced he was overturning his own earlier ruling that the trial be public, saying jurors had refused to

enter the courtroom if reporters were present, lawyers for Politkovskaya's family said afterwards. Dmitry Muratov, editor-

in-chief of the newspaper where Politkovskaya worked, said the decision was a breach of justice intended to cover facts about how Russian law enforcement agencies operate.

Politkovskaya, a 48-year-old mother, was shot dead on Oct. 7, 2006 outside her flat. She had reported on human-rights abuses in Russia's Chechnya region and elsewhere. **REUTERS**

Business

Recession risk growing: Carney

The Bank of Canada sees a greater risk of recession in Canada than it did just one month ago as the global financial crisis rips through the economy, BoC Governor Mark Carney said yesterday.

In a speech in London, Carney repeated that the central bank would likely have to cut its benchmark interest rate further to keep the export-reliant economy afloat in the face of a global recession and what he called a "consumer recession" in the United States, Canada's top trading partner.

"Starting from flat growth in the first quarter of 2009 and the second quarter of 2009 ... recession is a possibility for Canada. We do see growth

"Starting from flat growth in the first quarter of 2009 and the second quarter of 2009 ... recession is a possibility for Canada.

Mark Carney

picking up in the second half of 2009," he said after his speech.

In the central bank's latest outlook in October, it forecast the economy would grow 0.8 per cent in the third quarter of this year, before contracting 0.4 per cent in the final quarter and staying flat in the first quarter of next year. **REUTERS**

Financial crash raises fears of volatility in China

CHINA Police were told to ensure stability amid protests as the country's economy slowed yesterday. Thousands rioted Monday in Gansu province, and Public Security Minister Meng Jianzhu said police "should be fully aware of the challenge brought by the global financial crisis and try their best to maintain social stability."

Although the Gansu violence was triggered by a plan to resettle residents in a region hit by earthquakes, it followed taxi strikes and labour protests in areas reliant on demand from the West for Chinese exports. **REUTERS**

Watch as a Vietnamese boy gets first surgery to remove a large facial growth at metronews.ca/world

Britain One fat cat



Veterinary charity PDSA nurse Jennie Keen holds Tinks the Cat. Eight of Britain's most overweight pets will embark on a 100-day diet for the charity's pet fit club championship.

'Forced wedding' manual created for Paris officials

FRANCE The Paris City Hall launched a manual on forced marriages yesterday to help officials spot young women being coerced into matrimony.

An estimated 70,000 teenage girls living in France are victims or potential victims of forced marriages, many of them from immigrant families.

Causes can vary widely, from cultural and religious factors to the will by immigrant parents to "protect" their daughters from relationships with men from other communities.

The new manual, a 32-page book that will be distributed to officials, lists clues that can arouse suspicions. The law allows officials to organize interviews with the couple to determine if they both wish to be married. **REUTERS**

Scotiabank's Q4 warning puts heat on Canadian banks

STOCKS Shares of Bank of Montreal, Bank of Nova Scotia and Canadian Imperial Bank of Commerce led Canadian banking stocks lower yesterday morning as analysts said big securities-related writedowns loom in their upcoming quarterly reports.

After markets closed on Tuesday, Bank of Nova Scotia said it would take a hit of \$890 million before tax in its fourth quarter on trading losses tied to bankrupt Lehman Brothers Holdings, as well as lower securities and derivatives valuations. **REUTERS**

News in brief

SOMALIA An Indian warship blew up a pirate ship in the Gulf of Aden and gunmen from Somalia seized two more vessels. Buccaneers have taken

a Thai fishing boat, a Greek bulk carrier and a Hong Kong-flagged ship heading for Iran since Saturday's spectacular capture of a Saudi supertanker

carrying \$100 million of oil, the biggest ship hijacking in history.

TERRORISM Al Qaeda's deputy leader accused Barack Obama

of betraying his race yesterday and urged more attacks, as the group tried to counter the incoming U.S. president's global popularity. **REUTERS**

Business in brief

AUTO U.S. auto executives went to Capitol Hill yesterday for a second day to plead for \$25 billion US in government

aid, but legislators tried to fashion a last-minute compromise bailout bill that could pass muster. **REUTERS**



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Obama better off without Clinton in cabinet

Home&Abroad

Andrew Cohen

Canada & world insight

Hillary Rodham Clinton for secretary of state of the United States of America?

If the reports are correct, Barack Obama is preparing to name Clinton, the most popular woman in the country, to the most senior position in his cabinet.

But if Obama has decided to appoint Clinton, he should reconsider. And if Clinton has decided to accept, she should reconsider. For both, the appointment would be a mistake.

If Obama really wanted Clinton in his White House,

he could have made her his vice-president last August. He did not choose her because they had no personal chemistry and because she would have contradicted his mantra of change. She is the Washington insider; he is not.

Many thought Obama was wrong. They said that because Clinton had won 18 million votes in the primaries and caucuses — almost as many as he did — he had to appoint her as VP or risk alienating fellow Democrats.

They warned that rejecting her would drive her loyalists into the arms of John McCain. That fear was groundless — her supporters were never going to vote for the Republican ticket, especially one which included the anti-feminist Sarah Palin.

Obama decided to break with the Clintons, who have dominated the Democratic Party since 1992. He did not

If Obama and Hillary were to fall out on a matter of policy, he couldn't fire her. It would rupture the party.

need her or her husband, who diminished himself in her campaign. It was a wise decision, though when Palin joined McCain and gave the Republicans a momentary surge in September, some Nervous Nellies worried that Obama had erred in choosing Joe Biden. He didn't.

So why choose her now? No doubt she is competent, compelling and the best known woman in America. She has impeccable credentials.

But her appointment wouldn't set a precedent — there has been a woman, indeed a black woman, lead-

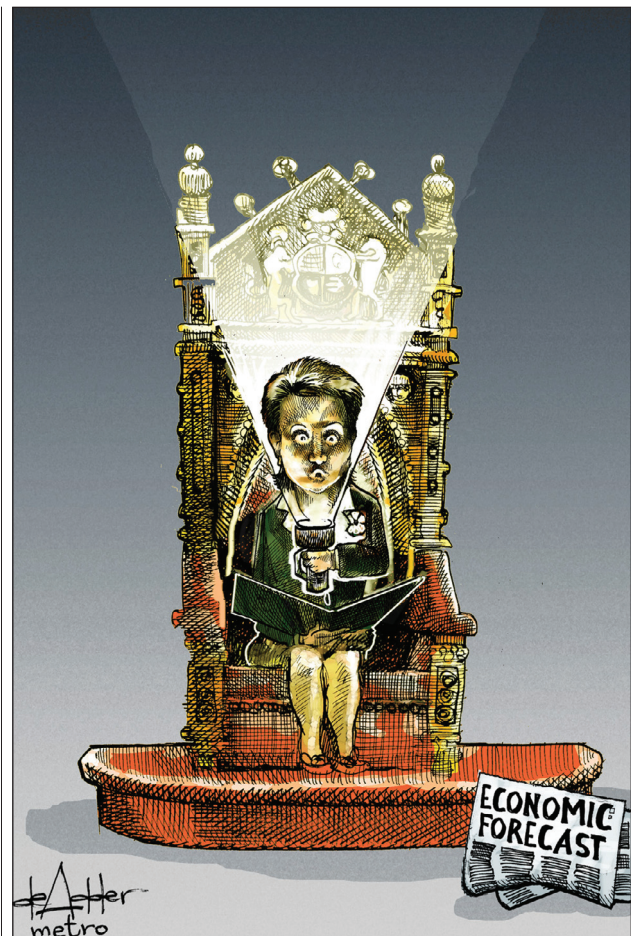
ing the Department of State for the last four years — and Clinton would steal Obama's thunder. Moreover, her husband and his mysterious business interests could be trouble.

Worse, if Obama and Hillary were to fall out on a matter of policy, he couldn't fire her. It would rupture the party.

And why would she take the job? She would have to resign her seat in the Senate and give up leadership on health care and other social issues that motivate her. She would miss the opportunity to replace the ailing Edward Kennedy as the country's great liberal lion.

Obama should choose someone else for Foggy Bottom. Hillary Clinton brings more dangers than benefits.

Andrew Cohen, a professor and journalist, is the author of *Extraordinary Canadians: Lester B. Pearson*.



MICHAEL DE ADOR

Views

Former child soldiers reach out to victims



Susan McClelland

Kabba Williams sits quietly, his hands folded in his lap. The 24-year-old's wide smile belies the horrors he has inflicted on others and of which he is also a victim. Sitting beside Williams is Mariatu Kamara, now a 22-year-old college student in Toronto. Kamara is an all too emotional reminder for Williams of his past. She was only 12 in 1999 when rebels in Sierra Leone's 11-year-long civil war invaded her village. Child soldiers held the young girl hostage for nearly a day and then amputated her hands before setting her free.

"I did this," Williams, looking briefly at Kamara, told the audience at the University of Alberta last week. "I did terrible things.

Rape, murder, cutting off people's hands."

Williams was not the child combatant that tortured Kamara. But for nearly three years, Williams was a boy soldier — in fact, he's one of the youngest child soldiers ever recruited in an African conflict, having been abducted by rebel forces at the start of the Sierra Leone war in 1991 when he was only six years old.

Last week at the University of Alberta's Festival of Ideas, Kamara and Williams, now an outspoken human-rights advocate in Sierra Leone who speaks on the use and victimization of child soldiers, came together for the first time.

"It was scary at first," says Kamara, whose memoir *The Bite of the Mango*, which I wrote, was released last month. "But what can I do to him ... to the boys who did this to me? My hatred toward them is only hurting me, so I have to forgive."



Mariatu Kamara

I have been involved now with the Sierra Leonean community for several years. I am struck by their inherent ability to tell their stories, hold one another and build community. I was by far more nervous of the meeting between Kamara and Williams than they were. When they first saw each other, they embraced. To anyone looking on, they appeared like old friends.

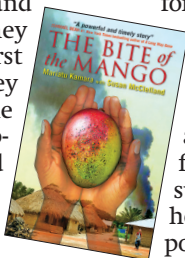
But they're not. Sierra Leone saw children commit some of the worst atrocities in the war that ended in 2002. Tens of thousands of young people were killed, maimed, raped and recruited by various rebel groups, including the Revolutionary United

Front. Worldwide, the United Nations estimates that there are 300,000 child soldiers at any given time.

Williams has been very active in Sierra Leone's peace building process. His newest project involves former child soldiers reaching out to the villages in Sierra Leone. "It would be an apology, a way we can say we take responsibility for what we did, and how do we move forward together," says Williams.

"It will be challenging," Kamara concludes. "There are many amputees from the war still suffering with their health and with poverty. But we need to do whatever it takes to make sure war doesn't happen again."

Susan McClelland is an award-winning magazine journalist based in Toronto. *The Bite of the Mango*, her first book, has been nominated for an American Library Association, young adult, non-fiction book of the year.



Letters

Jason Knapp, OTTAWA

RE: Park cleared to curb "criminal elements," Nov. 14 Metro

While I do share the National Capital Commission's and Const. Art Wong's concern regarding the discovery of litter, broken glass, needles and human feces, I am deeply offended by the suggestion that it's perfectly acceptable for "tourists" and "families" to frequent Ottawa's public parks, while homeless people are somehow "loitering," thereby implying that they are not entitled to the same rights of full citizenship as everyone else.

As a taxpayer, I am just as appalled to see such unfathomable poverty flood our so-called civilized society. As Canadians, we have a collective responsibility to demand that our governments put social-policy legislation at the top of the agenda.

Consider the NCC's mission, which is "(to create) national pride and unity through Canada's Capital Region." It seems that homeless people are not included in that vision.

Shahnaz Azarbehi, TORONTO

I have been a Liberal supporter for the more than 25 years, but have stopped voting since the last two elections because of sheer fatigue.

Look at all our parties and their candidates — an old boys' league. We need new blood, new ideas, fresh perspective, charisma. Someone we would be proud of, to represent us both nationally and internationally.

Michael Ignatieff is going to do no magic — the man reeks of high-class arrogance. And why is Bob Rae even being considered after what he did to Ontario when he was NDP? With one of these two heading the Liberal Party, I know I will not be voting for a long, long time.

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New Mariners manager makes history

Don Wakamatsu became the first Asian-American manager in Major League Baseball history when he was hired yesterday by the Seattle Mariners. Wakamatsu was bench coach for the Oakland Athletics last season. Before that he spent five years with the Texas Rangers. **METRO NEWS SERVICES**

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Sports

SPORTS@METRONEWS.CA

Drastic action may be needed

Last place. Let it roll off the tongue. Going into tonight's game against the Montreal Canadiens — one in which they'll be without both **Mike Fisher** and **Chris Neil** — that's exactly where the Senators find themselves in the Eastern Conference.

Man, things haven't been this bad since **Dave Allison** spent the entire practice doing 3-on-2 drills. Things haven't been this bad since **Alexander Daigle** was going minus-30. Things haven't been this bad since **Pavol Demitra** had hair, but no hands and no work ethic.

There is a major difference here, of course. The Senators teams that were the laughingstock of the league in the mid-1990s were playing up to their

The real question is, how did this go so wrong, so drastically, so quickly? This time last year, the Senators were on top of the NHL, albeit beginning a descent into H-E-double hockey sticks that continues to this day.

full potential.

The one that goes into tonight with just four goals in its past five games, is not. And all is not lost with the Senators, either. For all of their troubles, they're just three points out of the playoffs.

On the flip side, though, they're only one point ahead of the team that right now has the best chance to land either **John Tavares** or **Victor Hedman**

TheHockeyNews

Ken Campbell

thehockeynews.com

in next June's draft.

The real question is, how did this go so wrong, so drastically, so quickly? This time last year, the Senators were on top of the NHL, albeit beginning a descent into H-E-double hockey sticks that continues to this day.

That has everyone from **Bryan Murray** to **Murray McLaughlin** flummoxed, but something has to give here before disaster strikes.

Three seasons ago, the Senators had the best and deepest defense corps in the league. Their goaltending, while not the problem lately, continues to be suspect. The depth of talent they once had at forward has gone dry and **Antoine Vermette**, it appears, isn't going to get any better.

They won't trade **Daniel Alfredsson** and they can't trade **Dany Heatley** without his approval, so that leaves **Jason Spezza**.

Trading Spezza would be a drastic move no doubt, one fraught with peril, because you know he's going to get 100 points a year wherever he goes. But the Senators are running low on options and they don't exactly have a bountiful farm system, so what do they do?

They have to at least consider the possibility of moving Spezza, not to shake things up, but to use what he would get in return to fill some of the other glaring holes in their lineup.

The Hockey News
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SCOREBOARD

NHL

YESTERDAY'S RESULTS
Boston 7 Buffalo 4
Vancouver 6 N.Y. Rangers 3
Washington at Anaheim

TONIGHT'S GAMES
Florida at New Jersey
Pittsburgh at Atlanta
Montreal at **OTTAWA**

Vancouver at Minnesota
Chicago at Dallas
Calgary at Colorado
Detroit at Edmonton
Washington at Los Angeles

NBA

YESTERDAY'S RESULTS
Toronto 101 Miami 95
Atlanta 91 Washington 87
Detroit 96 Cleveland 89

Dallas at Houston
L.A. Clippers at Oklahoma City
Sacramento at New Orleans
Philadelphia at Minnesota
Denver at San Antonio
Milwaukee at Utah
Chicago at Portland

TONIGHT'S GAMES
Detroit at Boston
L.A. Lakers at Phoenix

Sens lose Fisher, Neil to right-knee injuries

NHL The Senators have lost forwards Mike Fisher and Chris Neil as the slumping club tries to get out of its tailspin.

Ottawa, winless in five and having fallen to last place in the



Fisher

East, announced yesterday that Fisher could miss the next couple of weeks after straining ligaments in his right

knee. The centre was injured when he tweaked his knee in a shootout loss to the New York Rangers on Monday night. He won't require surgery, however. Right-winger Neil suffered a

torn meniscus in his right knee in Saturday's loss to the Islanders in New York and will undergo surgery. He's expected to also miss at least a few weeks.

METRO NEWS SERVICES

Coco is K.C. bound

The Boston Red Sox traded outfielder Coco Crisp to the Kansas City Royals yesterday for relief pitcher Ramon Ramirez. Crisp stole 20 bases for the third straight season in 2008 and hit .417 in the post-season for Boston. **METRO NEWS SERVICES**

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Tech Now

Busy streets

In Ottawa-Gatineau, 611,000 workers make their way to work every day and many of them use their car.

STATISTICS CANADA

Making use of that extra space

TechNow

Paul Brent

technow@ctv.ca

The hunt for parking is a reality in modern urban life. In recent months websites have been springing up trying to help those on the hunt.

According to Colliers annual Parking Survey, released in July, monthly parking rates in North America's urban cities rose eight per cent last year. Ottawa is in sixth spot at \$195 per month.

"Where do we currently go for information on

parking spaces? There just are no databases that you can search to see if you can find a spot," said Ansley Deluce, co-founder of Parkingspots.com.

Her idea was to go beyond posting on Craigslist or usedOttawa. Deluce started her business in Toronto earlier this year and now is in 20 North American cities. A second round of financing last month will fund a soon to start advertising campaign.

It works like this: You have a space, and you register at the website and post your location. Parking hunters contact you through the site.

Deluce told me, "People don't know they have space that could make money, a driveway, a backyard, a condo parking spot



A new website could help drivers find a parking spot.

and they could all be rented out to make some cash."

In Ottawa, if you want to rent out a spot be aware that under the current law that would be illegal. Also be aware, the law is unlike-

ly to be enforced.

Linda Anderson of by-law enforcement told me, "If someone was using a driveway or some other space to rent out, we are not likely to get involved.

We are complaint-driven. If the community is OK with it, then we would not investigate." Anderson said the city went after one person last year over an illegal multiple parking operation.

Conventional parking lot operators don't want to be left out. Some are using their own websites to help people find a parking spot — on one of their own lots, of course.

Imperial Parking has a parking spot finder on its website. In some cities, the company offers drivers the chance to pay for parking using a cellphone or book and pay for a spot via the web. The company started the wireless option two years ago and it failed to catch on. Now they believe consumers are willing to

use their phone to find parking.

And what's next? In the U.S. there are now companies putting GPS markers right on parking spots. A parked car blocks the signal. If there is no car then the spots shows as available when you request a list of available spaces.

PAUL'S WEBSITE OF THE WEEK
retrevo.com — If you are planning to buy some consumer technology products check out this site. It offers free reviews on everything from many different sources.

This Sunday on Tech Now, a special focus on video games and some of the risks to consider.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.



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Get dancing

Dance to the beat of your favourite High School Musical songs with Disney Interactive Studio's High School Musical 3: Senior Year Dance!. Available for the Wii (\$49.99) and Xbox 360 (\$69.99, bundled with dance pad). **METRO NEWS SERVICES**

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Holiday Shopping Guide I

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Gift ideas big and small for the tech savvy

RICK MCGINNIS
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HP TouchSmart IQ816 computer (\$2,199)

There's not a lot of zing in the desktop computer market these days, though HP's TouchSmart line is an exception.

The IQ816 has a massive 25.5 inch screen, with everything but the power supply built, iMac-style, into the back. There's a wireless keyboard and mouse included, but they're vestigial appendages, since you're supposed to use the touchscreen as your main user interface.

I set the machine up as a family computer in our kitchen, where the kid im-

mediately took to the touchscreen interface to play games, while their parents quickly configured it to deliver news and weather info on startup in the morning. It made a quick wireless connection with the main computer downstairs so we could play videos effortlessly. On a more mundane note, the touchscreen makes computer solitaire utterly addictive.

Toshiba Qosmio X300 notebook (\$1,999)

There's nothing subtle about the X300; with its flamed red and orange metallic finish and array of totally unnecessary red LEDs. It's not restrained inside either — there's an un-

locked and therefore over-clockable Centrino X9100 3.06 GHz processor and an NVidia 9800M graphics card, which translated into normal person means it's fast. It's a gaming laptop, with four USB ports and an HDMI out, in case you're not jazzed enough about the 17 inch LCD widescreen.

There are also dual hard drives totalling 640GB and a 5.1 Altec Lansing speaker system. Toshiba is a Blu-ray refusenik, so the drive is regular DVD, and the screen has that superglossy finish that means you'll be seeing your own face in the shadows when watching movies. Apart from these quibbles,

this is the monster (4.12 kg!) desktop replacement machine every boy dreams about.

LG P300 notebook (\$1,799)

On the other end of the scale there's this very light (1.6 kg) laptop, with its sleek lacquered finish and 2.26 GHz Intel Core Duo processor. The screen is just a 13.3 inch LCD, but there's an HDMI output so you can use it to power your flat panel. You might also want some outboard speakers to supplement the pallid ones built into the P300.

The slim profile and light weight is mostly due to the DVD drive being provided as an outboard accessory. There's 2 GB of ram and a 320 GB hard drive as well as

Bluetooth connectivity, which should help justify the rather impressive price tag.

Accessories Belkin has couple of laptop pads that range from the active to the passive. **The Cushtop** (\$34.99) is an attractive little upholstered lap desk for your notebook that includes a slot to slip the machine when not in use.

Microsoft has persevered with mouse technology, releasing the **Blue Track mouse** in desktop and notebook sizes (\$89.95 and \$69.95 respectively).

It's a wireless unit that's supposed to be able to track on any surface, including carpets and glossy stone, and it lives up to the hype. They've also revamped the

design of their webcams with the 2 megapixel **Life-Cam Show** (\$99.95), a discrete little pill of a unit that comes with a variety of mounting options, including stick-on magnets, a clip, and a stick-like stand in case your monitor is too thick or too pretty.

HP's **C6380 all-in-one printer/scanner** (\$199.99) adds wi-fi connectivity to its range of features, neatly networking

with your range of desktops and laptops by either the standard USB cable, through an Ethernet port on your router, or wirelessly. It sets up without a fuss, has a dedicated tray for 4x6 prints, and comes with software that lets you create PDF copies of documents for e-mailing.

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This ceramic mug holds a surprise when you lift the lid — Santa's legs appear! The Santa In Chimney mug, \$12.99, is available at Hallmark. Go to hallmark.ca. METRO NEWS SERVICES

Holiday Shopping Guide I



This year, Elmo Live (\$69.99) is expected to be a big hit.

Creative toys, games tops

Big-name toys expected to fly off shelves as well this season

BRIAN TOWIE
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This holiday season, it's all about toys that amuse and engage, say experts on both sides of the border.

As parents make beelines to their local department stores this shopping season, they'll likely find toys that encourage hands-on learning side by side with the Bratz and Star Wars playsets. Construction sets, collectible card games and interactive DVD games are all becoming part of the fun.

"We've got educational toys, we've got learning to read toys, we've got building toys, imagination

toys," Jeff Hurst, president of the Canadian Toy Association, said at a Nov. 3 media conference in Toronto previewing some of the hot toys for the holidays. "I certainly think we've got a good representation of what's going to be on the Christmas list as we go into this year."

The association expects the season's big sellers to include Struxx Robotrixx, a construction set where kids can build roaring motion-detection dinosaurs out of rods, balls and sockets, and Disgusting Digestion, a science kit of bile-inducing experiments that educate the user about the human digestive system.

Kathleen McHugh, president of the Chicago-based American Specialty Toy Retailing Association, expects trends to lean toward more creative, open-ended toys. In an economy where parents are feeling the pinch, she says, a new focus is on toys with longer-lasting value.



Bratz World House Play Set, \$44.99.

"More is not the answer to everything. There's going to be a return to quality over quantity," she said. "The right kind of toy will do different things. Board games will also prove popular. Because of the consumer situation, more families will be spending time together at home. There are a lot of great board games out there to do that."

Those looking for more mainstream — and more expensive — toys will not be disappointed. Elmo Live, an interactive version of the Sesame Street Muppet that

sings and tells jokes, Bakugan Battle Brawlers, a collectible strategy game of cards and pop-up robots, and Bratz World, a mix-and-match fashion playset, are among the items expected to fly off the shelves this year.

"We believe Elmo Live is going to do well this season," says Donna Polimac, a senior marketer for Fisher Price, which is parented by Elmo Live-maker Mattel. "With seven times the content of Tickle Me Elmo, it's probably going to be our biggest seller."

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Holiday Shopping Guide I

Shop like Scrooge

BRIAN TOWIE
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The recent economic downturn may just prove beneficial to Canadians looking to save some cash this Christmas season.

The fallout from world-wide market crashes has forced shoppers to scale back their spending habits. While Canada hasn't taken the hit as badly as its neighbour to the south, the saving trend will continue through the holidays as families expect their financial situation to deteriorate, experts say. An October survey by the Conference Board of Canada shows that consumer confidence is at its lowest level since 1982.

Retailers must rise to the challenge, says Derek Nighbor, senior vice-president of national affairs at the Retail Council of Canada. Along with economic realities, there's a psychological impact. A shopper, even if they're flush, will stay tight with the buck in tough times. Stores will have to make adjustments to lure in customers, which often means deeper discounts at the cash register.

"Anytime consumer confidence is low you're going to see some drop-offs, so retailers will have to fight harder to attract traffic," he said. "What they'll often do is designate loss leaders — selling selected items at a



A shopper looks for bargains beside a 25 per cent-off sign in Macy's on Dec. 27, 2006, in New York City. Retailers are hoping that after-Christmas shoppers will help them regroup after a somewhat disappointing holiday shopping season thus far.

loss to get people into the store. Once customers are there, they might buy a few more things."

Discount-oriented merchants stand to gain the most, says Nighbor, and if you're looking for a deal, you may want to reconnoiter with your local mom-and-pop shops. Such establishments are often on a first-name basis with their clientele and can be more flexible in their marketing. Don't expect steals at electronics retailers — Nighbor adds technology items are becoming necessities and not wants.

You may not find any deals in the toy section either. No matter what the economic situation may be, parents will splurge on their child at Christmas,

says Elizabeth Evans, director of the Ted Rogers School of Retail Management at Ryerson University.

"Christmas is a season where we celebrate giving gifts to children," she said. "Parents like to buy things for their kids. Toys would be one of the last things they'll cut back on."

And don't those toy manufacturers know it. Reidin Goode, senior marketing manager of the girls division at Mattel Canada, says her company is undeterred by the downturn. She predicts a successful year, particularly in its Barbie lines.

"We're continuing to infuse innovation and a new freshness," she said. "We're banking on a really great Christmas."

Steven and Chris' holiday tips

BRIAN TOWIE
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You can host a fabulous holiday party on the cheap and Steven and Chris have some tips on how to do it.

Steven Sabados and Chris Hyndman, hosts of CBC Television talk show *Steven and Chris*, talked with Metro about how to entertain your family and friends without going over budget in tough financial times.

"This year of all years, Christmas is not about the presents but about the people who count," said Hyndman.

Stick to the basics when you throw a seasonal soiree, says the decorating duo: Ask guests to bring their own booze and formal attire (they note people love

"Christmas is not about the presents but about the people who count."

Chris Hyndman

to dress up), and above all else, don't sweat the small stuff. "The less stressed you are about having a Christmas party, the more fun it will be," notes Hyndman.

Sabados says dimming your lights and lighting some candles creates an intimate and sophisticated atmosphere. You don't even need to deck all your halls. Focus on the living room to decorate — a beautiful centerpiece or the right floral arrangement can help.

"Paperwhites are the all-time favorite bulb for indoor forcing," the pair writes via e-mail. "Their large clusters of pure white flowers and their sweet, musky smell make them a holiday favourite. Plant

bulbs in decorative pots a week apart (to ensure at least one pot is blooming when you need them) in late November and early December. They will flower in 4 to 6 weeks with seldom a miss and you'll feel better knowing that your fresh holiday flowers are taken care of well in advance."

You can also keep a simple spread for your hungry party-goers, says the pair. Pan-fried nuts and small pastries can fill bellies for relatively little money and effort, or get creative with Sabados' chocolate lasagna, which serves 6-8.

Next week's lineup

GIFT GUIDES For a roundup of holiday CDs, gifts for him and her, and much more, pick up Metro's next Holiday Shopping Guide on Nov. 27.

35 shopping days remain before Christmas.

On the web

• For a recipe of Steven's Chocolate Lasagna, please visit metronews.ca.

Metro Homes

Green Christmas

Want to be festive and green at the same time? Philips makes coloured LED bulbs that cost about \$10 and fit any standard-size fixture. See homedepot.ca. TORSTAR NEWS SERVICE



EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Stick 'em up

Today's wall decals are dramatic and versatile

HomeScape



Most people associate wall stickers or decals with their childhood. Remember those Cinderella or other fairytale stickers? They were cute... for a while.

Then there were those butterfly or flower bathroom stickers, and let's face it — they were never even remotely cute.

Well, thankfully, things have changed. Take a look in any Home Depot or check out online companies such as Ottawa-based Wall Juice, walljuice.com, or California-based Design With a Z, DesignWithaZ.com and you can find striking, stylish and dramatic wall art that's easy to stick up.

One defining characteristic of stylish and dramatic decals is that they're unapologetically large. They have to be big, in fact, to pack enough punch. Think life-sized or larger.

For example, I love Wall Juice's traditional "fake furniture" decals which variously depict a coat rack, a mirror, a fireplace, a fake headboard or three chairs.

What I love about this line is that it lends a bit of a visual pun, adding the look of traditional furniture and furnishings in a space that may be anything but.

(A smaller decal such as the firm's wrought-iron bracket can look classy, but my advice is to be careful with the more petite stickers. They're usually boring at best, and tacky at worst.)

I'm also keen on the myriad nature-themed offerings from Wall Juice.

Trees and branches are available in a range of chic



These wall stickers by Ottawa-based Wall Juice, walljuice.com, show just how striking modern decals have become.

Modern decals

- Decals are relatively inexpensive, both to buy and to ship if you go the online route.
- They're also great for indecisive decorators, who can move them around until satisfied

with the location and look.

- Many manufacturers say their decals won't ruin the wall when they're taken down, and that they'll also remain sticky for relocation.

variations, some very Zen-looking, such as the pleasing silhouette of a bare hardwood tree in winter.

In these styles, you can opt for striking dark colours or for more subtle choices, which create a shadow-like effect. I'd say that the softer approach tends to work in a wider range of settings, while bold tones are more suited to contemporary or modern decor.

One of the reasons I'm a fan of modern decals is that they're relatively inexpensive to buy (and also to ship, if you're going the online route).

For example, Wall Juice's prices range from \$40 to \$150, plus \$15 for shipping, and you can receive your order in five to eight days.

Design With a Z uses both American and European designers so their decals can have a bit of a Euro look, including lots of geometric designs.

They too have a line of fake-furniture stickers called Barok, including a

chandelier, a candelabra, a bird in a cage, a chest or a series of pictures.

And they make really cool chalkboard decals, upon which you can draw or write with chalk.

Closer to home, Home Depot carries a range of wall decals, including the Blik line (Daisy for \$24.95, or Paisley in several different colours for \$49.95).

Check out others at the store as well, such as the Poppies decal by a company called Plage. IKEA also carries some wall stickers, such as the Slatthult line of flowers, geometric shapes, branches or trees (\$16.99 to \$19.99).

But whichever manufacturer, design and colour you choose, remember that the drama inherent in

large-scale wall stickers means they'll undoubtedly become the focus of a room. That's what they're designed for. So don't make the mistake of using them in a space that has another focus or a lot of competing details.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.



WALL JUICE

YAHOO! LIFESTYLE CANADA

Everything about life, updated every day.

HOW TO CHOOSE YOUR NEW 'DO

Changing your hairstyle doesn't have to turn into a hair-raising experience — just make sure you follow a few simple styling rules.

When it's time for a new hairstyle, it's important for the cut and length to fit the shape of your face and your own personal style. Here are some tricks to finding the right 'do for you.

Those with round faces should keep their locks relatively long, mid-neck or longer, and height on top to lengthen

the face. Fullness on the sides will have the opposite effect and make your face appear shorter.

As for long, slender faces, blunt (equal length) cuts can be very interesting. Try an ear-length haircut with more volume on the sides to make your face look fuller. Bangs will shorten the length of your face and add an element of softness.



(continued online...)

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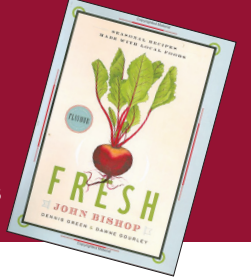
To read more, visit lifestyle.yahoo.ca



Food

Fresh: Seasonal recipes made with local foods by John Bishop and Dennis Green won the Gold award at the 11th annual Canadian Culinary Book Awards.

Metro News Services



EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Put this on your plate, mate

À la carte



Like Canada, immigration has brought a world of cultures and cuisines to Australia. Celebrity chefs, cookbook authors and food writers have also been influential in creating a "Mod Oz" cuisine. Add wonderful seafood, plenty of produce and grazing land, and Australia has become one of the most diverse and cosmopolitan places in the world to eat.

Donna Hay is Australia's leading food stylist, food



This recipe is adapted from Donna Hay's cookbook.

editor and best-selling cookbook author. Her food, recipes and styling focuses on basic ingredients, simply prepared and beautifully photographed. Her 16 cookbooks have sold more than 3.3 million copies and have been translated into nine languages.

Lemon Pork and Roasted Vegetables

This recipe is adapted from

one of Donna Hay's latest series of six cookbooks: Simple Essentials, Beef, Lamb + Pork (HarperCollins Publishers Ltd). As fresh lemon thyme is difficult to find this time of year, try regular thyme or a pinch of dried thyme leaves and a little grated lemon zest. Makes 4 servings.

INGREDIENTS:

- 4 fingerling or medium

- white potatoes, scrubbed
- 4 unpeeled garlic cloves
- 2 tbsp (30 mL) olive oil
- Salt and pepper
- 1 large (1 lb/500 g) pork tenderloin, cut into 4 pieces
- 4 slices pancetta
- 4 sprigs fresh lemon thyme
- 1 pint cherry tomatoes (about 2-1/2 cups/625 mL)

METHOD:

Preheat oven to 400°F (200°C). Cut fingerling potatoes in half lengthwise or regular potatoes into wedges. Toss potatoes and garlic in oil. Place in a large baking dish; season with salt and pepper. Roast 20 minutes.

Top each piece of pork with 1 slice pancetta and a thyme sprig. Tie with kitchen string. Add pork to pan and roast 10 minutes.

Add tomatoes and cook another 10 to 15 minutes or until pork is cooked through and potatoes are tender and golden. Push garlic out of skins and serve with pork, potatoes and tomatoes.

MORE ...

Other influential chefs and food professionals from 'down under':

- **Bill Granger** has three restaurants, bills, in and around Sydney, plus five cookbooks and two TV series to his credit.

- **Neil Perry** is an Aussie super chef. Owner of Rockpool, one of Sydney's (since 1989) and more recently Melbourne's, most highly acclaimed restaurants.

- Author of four cookbooks, **Christine Mansfield** is another of Australia's

celebrated chefs. She also produces a range of spice pastes and condiments under the label Christine Mansfield Spice Collection.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

New arrival

- Ex-pat Australians and Canadian chocolate lovers will celebrate the arrival of Australia's favourite biscuit: Tim Tams. Launched in 1963, the chocolate biscuit sells nearly 35 million packs per year in its native land. The popular treat is now available in major grocery and drug stores across Canada, including IGA and Sobey's.



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So you think you can cook?

Canadians are invited to put their best chili recipes to the test in the first-ever ZANTAC® Chili Challenge. To enter, visit Chilichallenge.ca and submit an original chili recipe for a chance to cook-off with Anthony Sedlak, celebrity chef and host of The Food Network's The Main. **METRO NEWS SERVICES**

Friend in need, friend to feed

Gordon Ramsay — a man that needs no introduction — lives life in the fast lane, travelling the world to foster his many hugely successful business enterprises and to film his highly acclaimed TV series.

But despite the commitments of a busy work life, he has always believed that families should sit around their tables to eat together as much as possible. In *Cooking for Friends*, Ramsay shares more than 100 inspiring and well-constructed recipes that he loves to cook (and eat) when he's off duty. Harper Collins Canada gave Metro this recipe:

Coffee and Almond Crunch Cake

For me, this is the definitive cake to have with coffee or tea. It is all-at-once tender, moist and crunchy. It keeps well for several days in a cool part of the kitchen. Some people like a dollop of lightly sweetened mascarpone on the side, though, for me, it's perfect on its own.

INGREDIENTS:

Cake:

- 170g unsalted butter
 - 170g caster sugar
 - 3 large eggs, lightly beaten
 - 1/2 tsp almond essence
 - 100g ground almonds
 - 4 tbsp cooled espresso or strong coffee
 - 100g self-raising flour
 - 1/2 tsp baking powder
- Crunch topping:**
- 60g plain flour
 - 40g light brown or demerara sugar
 - 40g cold unsalted butter, diced

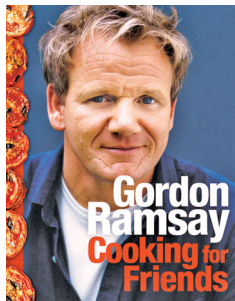
METHOD:

Preheat the oven to 150C (300F). Butter and line the sides and base of a tall-sided 20cm cake tin with a removable base. For the crunch topping, mix the flour and sugar in a bowl and rub in the butter until it resembles coarse bread crumbs. Set aside.

Cream the butter and sugar in a large mixing bowl using a hand-held electric beater until light and fluffy. Beat in the eggs, a little at a time, until



Gordon Ramsay's Coffee and Almond Crunch Cake is all-at-once tender, moist and crunchy. His book *Cooking for Friends* is available online at Amazon.ca for \$22.02 or in stores for \$34.95.



fully incorporated. Add the almond essence and mix well. Fold in the ground almonds, followed by half the espresso. Sift in the flour and baking powder together and fold this through the wet mixture. Finally, fold in the remaining espresso.

Spread the mixture into the cake tin and level with

a spatula. Sprinkle the crunch topping evenly over the top.

Bake for 50 to 60 minutes until the top is golden brown and a skewer inserted into the cake comes out clean.

Remove from the oven and leave to cool slightly before unmoulding on to a wire rack, peeling away the baking parchment.

When completely cooled, dust with icing sugar, then cut into slices to serve.

The science of delicious

How do you make the perfect French fry? Is it better to salt a steak before or after grilling?

The Science of Good Food,

written by David

Joachim and Andrew

Schloss, is the first book to present the science of good cooking in an easy-to-use, A to Z format.

Metro got a hold of this excerpt about one of the most beloved desserts: The cheesecake.

What It Is

With its cookie crumb or pastry crust and dairy-based filling, cheesecake is more custard tart than cake. Pastries have been filled with various cheeses for centuries, and cheesecakes can be sweet or savoury. Most are sweet and made around the world with various fresh cheeses. For savoury cheesecakes, you can combine ingredients such

as cream cheese and smoked salmon or Cheddar cheese and bacon. You can also make cheesecake with oth-

er creamy ingredients like silken tofu.

What It Does

Like other custards made with eggs and dairy products, cheesecakes require even gentle heat to prevent curdling. They are often baked in a water bath to evenly distribute the heat around the cake pan and provide moist steam to keep the baked custard from drying out. To avoid lumps, it helps to bring the cheese and eggs to room temperature before mixing the filling and to add the eggs one at a time. Gradual temperature changes also help prevent cracks. If the pan is too small, the filling will rise too high and will overcook on the edges before the centre is done. If the pan is too big, the entire filling may quickly overcook and crack.

On the web

Recipe:

- Now that you know a bit about cheesecakes, why not make one? Find a recipe from the book for Southern Comfort Cheesecake at metronews.ca.



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Style



90210 inspires hot shades

Can't get enough of the hottest zip code in North America? Well now fans of the hit TV show *Beverly Hills, 90210* can add some chic California style into their own lives with three nail lacquer shades inspired by the lead female characters on the show — Silver, Annie and Naomi. The 90210 by OPI collection includes *Pretty & Privileged* (ruby red), left, *Queen of West Web-erly* (purple shimmer), *Sweet as Annie-thing!* (lollipop red). Available beginning January 2009 at professional salons and spas for \$9.95. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Colourful festivities

Style File

Kim Elbo



kim.elbo@metronews.ca

ask kim

I'm invited to my boyfriend's family holiday party and it'll be the first time I'm meeting the whole family. I don't want to give off the wrong first impression; can you give me any suggestions?

The safest bet is to go completely conservative. Try a simple black pant with a dressy top or a dress with a modest neckline and length. The fact that you're asking this question means that you care a lot so ask your boyfriend for his opinion as well.

E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

tip: Have an ink stain on your satin dress or purse? Try using rubbing alcohol to remove the stain. Dab a clean cloth into alcohol and slowly rub out the stain making sure to switch to a new and clean part of the cloth each time you rub.



Tiered Ruffles

Designer: Gap
Shop: Gap
Address: Various Locations
gap.com

\$78



Flattering Stripes

Designer: Guess
Shop: Guess
Address: Various locations
guess.ca

\$128



Simple and Elegant

Designer: Maggy London
Shop: The Bay
Address: Various Locations
thebay.com

\$149



Modish chic

Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com

\$40



Shine All Over

Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com

\$120



Jeweled Clasp

Designer: BCBG
Shop: BCBG
Address: Various Locations
bcbg.com

\$148

holiday dresses

I am just like everyone else when it comes to holiday parties, I either pull out one of my six LBDs (little black dresses) or shop for another one. So I thought this year instead of looking for a LBD with a different cut, I'm going for a completely different colour and I think you should too. Let's liven up the holiday parties this season with dashes of colour and cute flirty cuts like these three strapless dresses. The sweetheart neckline (Guess and Maggy London) is my absolute favourite cut for a strapless dress; it's perfect for smaller cup sizes and gives shape and volume to the body. The straight across cut by the Gap is great for women with a bigger cup size, it keeps them in and looks top notch when paired with a jewelled chunky necklace.

holiday clutches

Glitter and shine your way into the holiday with a jeweled clutch. If you're not one to accessorize or have a completely simple dress and need something to complement it, this is the bag for you. The jewelled clutch comes out every holiday and this year the options are endless from all over jewels like the Banana Republic one to the simple clasp jewel like the BCBG clutch.

Tribute Right on the money



Fashion designer Karl Lagerfeld presents in Paris yesterday a five-euro coin he has designed to commemorate the 125th anniversary of fashion designer Gabrielle (Coco) Chanel's birth.

accessory

Call out for an SOS this December and try out the new Sheer Organic Shine by Kiss My Face, \$6.95. It's 100 per cent natural and 91 per cent organic. Available at all major drug-stores.



In brief

WATCHES Perhaps it's an extension of the men's wear for women trend, but watches have made a big comeback for fall. The bigger and more masculine the face, the better. Try Marc by Marc Jacobs, \$250, shopbop.com.

KENYA HUNT/METRO WORLD NEWS

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Saturn Aura

2007 North American Car of the Year (Hybrid shown)



Saturn Vue

2008 AJAC Award – Best New SUV/CUV
\$35,000–\$60,000
(Hybrid shown)



Pontiac Vibe

2009 AJAC Award – Best new small car over \$18,000



Chevrolet Malibu

2008 North American Car of the Year (Hybrid shown)



*Awarded by North American International Auto shows. 1. Chevrolet Tahoe Hybrid named 2008 Green Car of the Year by Green Car Journal editors. **2008 Best New Small Car awarded to Saturn Astra. 2009 Best New Small Car over \$18,000 awarded to Pontiac Vibe. †Based on GM Testing in accordance with approved Transport Canada Test methods. Your actual fuel consumption may vary.

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

New Boss

Bruce Springsteen plans to release a new album in January. Working On A Dream was recorded with the E Street Band and features 12 new songs, plus two bonus tracks. **BBC NEWS ONLINE**



●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Country star's Fearless rise

Taylor Swift

Album: Fearless
Label: Open Road/Universal
Rating: ●●●●●

EVERY **NOW** **AND** then, a mistake happens in the music business and a truly talented young artist manages to sneak past the industry radar and take the world by storm. So it was with Taylor Swift, who signed with little-known label Big Machine in Nashville. Last year, her song Tim McGraw went straight to the top and stayed there pretty much ever since. She's 18 now, with a second album that's sure to spit out four or five hit singles that will



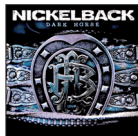
dominate both the country and pop charts all of next year. Swift writes about the high-school stuff she understands, but in a way that appeals to all ages. A remarkable sophomore effort.

Graham Rockingham/for Metro Canada

Nickelback

Album: Dark Horse
Label: EMI
Rating: ●●●

NICKELBACK SEEMS TO live in a world where all women are Playboy centerfolds who like performing for men until their "legs give out." If you're not into that, then you're a tease who looks best with



MusicReviews

music@metronews.ca

"something in your mouth." When the men in Nickelback World aren't ogling butt, they're hitting bongos and getting drunk "until they fall down." If a friend turns into a junkie, then the rock gods get all maudlin and write a song called Just Too High. It would be easy to excuse this as harmless immature crap tailored for 12-year-old boys. But it's not harmless, it's offensive. One last thing — track 7, Never Gonna Be Alone, sounds like the Backstreet Boys playing fuzz guitar.

Graham Rockingham/for Metro Canada

Beast

Album: Beast
Label: Phormone/Vega
Rating: ●●●●●
VOCALIST BÉATRICE (BETTY) Bonifassi (DJ Champion, The Triplets Of Belleville soundtrack) and producer-percussionist and fellow



I Am... Sasha Fierce is the new album from Beyoncé.

Beyoncé

Album: I Am... Sasha Fierce
Label: Columbia/Sony BMG
Rating: ●●●●

WHEN BEYONCÉ REVEALED she had an alter ego — Sasha Fierce — you couldn't help but roll your eyes. Now, though, she's taken



things a step further by releasing a two-disc affair, with one side as her sweet, laid-back self and the other as her more aggressive, sexualized persona. The first half is full of bland, slow-moving adult contemporary pop; the second is loaded with amped-up R&B barnburners.

Bryan Borzykowski/for Metro Canada

Dido

Album: Safe Trip Home
Label: Arista/Sony BMG
Rating: ●●●●

ON HER THIRD disc, Dido treats fans to familiar, subtle, trip-hop vibes and soothing vocals, but with extra strings and atmospheric undertones. She plays it a bit safe — songs move at a glacial pace, and while the lyrics are revealing and honest, they cross over into cheesiness territory one too many times.

Bryan Borzykowski/for Metro Canada

Read our review of David Cook's new album at metronews.ca/music

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twilight

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BASED ON THE NOVEL "TWILIGHT" BY STEPHENIE MEYER SCREENPLAY BY MELISSA ROSENBERG DIRECTED BY CATHERINE HARDWICKE

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EMPIRE THEATRES ORLEANS TOWN CENTRE 6	CINEPLEX ENTERTAINMENT BARRHAVEN CINEMAS	CARLETON PLACE CINEMA	CHECK THEATRE DIRECTORIES FOR SHOWTIMES	

OPENS EVERYWHERE FRIDAY, NOVEMBER 21ST

Taylor Swift tops U.S. pop chart

MUSIC Teenaged singer and songwriter Taylor Swift topped the U.S. album charts yesterday with her second album Fearless, according to record label Universal, which has signed an international marketing deal with the star.

Universal Music Group, the world's biggest music company, said Fearless sold 592,000 copies in the last week in the United States, making it one of the biggest releases to date this year.

William Tell set for the big screen

MOVIES British filmmaker Justin Chadwick, who directed Natalie Portman and Scarlett Johansson in the royal romance The Other Boleyn Girl, will take the helm of Ironbow: The Legend of William Tell for indie producer Spyglass Entertainment.

REUTERS

Lord of the Dance to host NBC reality dancing show

Michael Flatley (The Lord of the Dance) has signed on to host NBC's new dance-competition show Superstar Dancers of the World, according to Variety. TVGUIDE.COM

entertainment **21**

It's Showtime for Seth

Rogen to develop cable comedy series set in porn shop

Intelle**Vision**



DIRTY PICTURES: Showtime looks like the place to go on the dial for pervy entertainment next season, if two new projects pan out.

The ominipresent Seth Rogen — love the guy, but even I'm getting tired of seeing his face — is developing a new comedy about three post-collegiate buddies running a porn shop, according to a Variety story.

There's no word yet on who's set to star in the show, which is being executive produced by Rogen and his production partner Evan Goldberg, who worked on the screenplays for Superbad and Pineapple Express.

There's no reason to believe that this can't be good, especially if Rogen and Goldberg can tap into the strange relationship young men — and older ones — have with porno in what's referred to as the "post-feminist" era.

Varying from bored ambivalence to connoisseurship, it's a relationship

Peters agrees to host Junos again

AWARDS Comedian Russell Peters has agreed to host the Juno Awards broadcast for the second time in 2009, CBC.ca reports. The ceremony honouring the best in Canadian music takes place March 29 in Vancouver.

METRO NEWS SERVICES

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"It's quaint that Rogen and Goldberg have chosen to set their show in a porn shop — the equivalent of a drama about the media being set in a letterpress typesetting shop ... A porn website startup would have been more contemporary, though it might have ended up looking like a cross between NewsRadio and late-night Showcase fare like Porno Valley."

conditioned by the unprecedented ease with which porn can be consumed today, as well as the likelihood that the young male consumer might find his enthusiasm for porn compromised by scores of young women who'll eagerly cop to sharing his interest, which a lad will have to call a fantasy if he's forced to be honest.

It's also quaint that Rogen and Goldberg have chosen to set their show in a porn shop — the equivalent of a drama about the media being set in a letterpress typesetting shop.

The storefront porn merchant, like the record store and the video rental shop, is a quaint technological anachronism in the digital age; a porn website startup would have been more contemporary, though it might have ended up looking like a cross between NewsRadio and late-night Showcase fare like Porno Valley.

Showtime is also developing a reality TV series about hookers, according to the porn industry website Reverse Cowgirl, with one-time Fox big deal Stephen Chao at the helm.

Alas, Chao — the man behind Cops and America's Most Wanted — is having a hard time casting the show, which plans to rent a Hollywood Hills mansion for the cast to ply their trade.

"The show won't be demeaning or exploitative because, as the director explained it, they're looking to cast working girls without implants," according to the website.

Well, that changes everything, doesn't it? There is, of course, the little matter of legality, not to mention the effect celebrity — even the clammy, blush-inducing type that a Showcase adult series might bestow upon viewers — would have in a profession that usually values anonymity.

It's like searching the ranks of Washington lobbyists for the stars of a show provisionally titled The Big Nasty Graft and Earmarks Spectacle of Democracy Gone Rancid.

Rick McGinnis writes about music, movies, books and television, but not opera.

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critics' corner

CSI: Crime Scene Investigation

In this new episode, evidence seems to point to the prime suspect in a murder case 12 years earlier as the possible killer of a mother and her child. Is the connection merely coincidental, or has a sinister, heartless killer resurfaced? Grissom (William Petersen) and the CSI team try to connect the dots in "Woulda, Coulda, Shoulda." 8 PM on 7 CTV



South Park

The fate of the world lies in the hands of Cartman's ultracool binder. But this is no ordinary school tool. Oh, no. The "Trapper Keeper" is really a superbeing bent on world domination. And as usual, it's up to Stan, Kyle, Kenny and, perhaps Cartman — if he can only bear to give up his beloved notebook — to help save the day. 9:30 PM on 46 COM

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/20/08	265	353	2	TVO	Megastructures	The Agenda With Steve Paikin	Survivor: Gabon (N)	Billable Hours	Masterworks	Agenda-Paikin		
	211	331	3	GTV	ET Canada	Entertainment	Enquête (HDTV) (SC)	Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal (N) (SC)	La Zone	
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Medium (N)	America's Next Top Model	(10:01) Eleventh Hour	News (N)		
	209	342	6	CHRO	Instant Star	TMZ (N)	CSI: Crime Scene Invstgtn.	Grey's Anatomy (N)	ER "Age of Innocence"	News (N)		
	196	311	7	CTV	etalk	Dance	The Nature of Things (N)	Doc Zone (HDTV) (N)	CBC News: The National	The Hour		
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Name Is Earl	The Office (N)	30 Rock	ER "Age of Innocence"	News (N)	
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Occupation double	Vlog (SC)	TVA 22 heures	(10:45) Denis Lévesque		
	117	713	10	TVA	La Fièvre de la danse (SC)	Loft Story	Meurtre à l'étagé (2005, Suspense)	Tracy Nelson.	Cent dix pour cent (SC)	Loft Story		
	-	-	11	QS	Rire et délire	Loft Story	Météo	Aventures	Le Trou *** (1960, Drame) Michel Constantin, Marc Michel.	Voit		
	137	763	12	TFO	Panorama	Survivor: Gabon (N)	CSI: Crime Scene Invstgtn.	(10:01) Eleventh Hour	Two/Half Men			
	-	362	13	CBS	Dr. Phil (HDTV PA) (N)	News (N)	Ugly Betty (N)	30 Rock	2Half Men	King	Cold Case	
	216	395	14	OMN2	Cold Case	Ugly Betty (N)	News (N)	30 Rock	Friends	Friends	News (N)	
	214	344	15	CITY	Law & Order: SVU	Ugly Betty (N)	Ugly Betty (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)	Anna's Storm (2007, Action) Sheree Wilson. Premiere.	Grey's Anatomy (N)	(10:01) Life on Mars	Revue	Période-quest.
	218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Anna's Storm (2007, Action) Sheree Wilson. Premiere.	Grey's Anatomy (N)	(10:01) Life on Mars	Revue
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)	Ugly Betty (N)	Grey's Anatomy (N)	(10:01) Life on Mars	Revue	Période-quest.
	512	396	24	CPAC	La Période de questions	Heure polit.	L'Heure politique	100 Huntley Street	Life Today	This Is Day	John Hagee	
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show	Kitchen Nightmares (N)	News (N)	Agatha Christie Mysteries	Tavis Smiley	
	-	365	36	FOX	TMZ (N)	Seinfeld	Kitchen Nightmares (N)	Live From Lincoln Center (N)	Alzheimer's	ER "Age of Innocence"	News (N)	
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Live From Lincoln Center (N)	Alzheimer's	Agatha Christie Mysteries	ER "Age of Innocence"	News (N)	
	205	312	104	CTV	etalk	Dance	CSI: Crime Scene Invstgtn.	Grey's Anatomy (N)	ER "Age of Innocence"	News (N)		
	502	390	26	NW	CBC News	Newman	The Hour David Foster.	CBC News: The National	The Nature of Things	National		
	500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown: No Bias	Campbell Brown: No Bias	Larry King Live	Anderson Cooper 360 (HDTV)			
	406	417	27	net	Overtime	NHL Hockey	Montreal Canadiens at Ottawa Senators. (HDTV) (Live)	Sportsnet Connected (Live)	Hockey Central			
	126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal		
	400	280	30	TSN	That's Hockey!	Madden Nation	NFL Football Cincinnati Bengals at Pittsburgh Steelers. From Heinz Field in Pittsburgh.	Score Tonight	Score Tonight			
	410	403	52	SCR	Score on NFL	College Football	Miami at Georgia Tech. (Live)	Score Tonight	Score Tonight			
	411	457	56	OLN	Ed's Up	Videos	Commando: On the Front Line	Survivorman	Pilot Guides Specials	Pilot Guides		
	417	406	59	SC	Pinks	Pass Time	Pinks -- All Out (HDTV)	Wrecked	Pinks (HDTV)			
	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show	Wayside	Johnny Test	Futurama	The Critic	Robot Chicken	Code Monkeys
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	570	580	29	MM	Back In	Back In	Mariah Carey: Mimi	Listed	Gene Simmons	Gene Simmons	Party of Five	Crime 360
	615	520	31	A&E	CSI: Miami "Extreme"	The First 48 "Memphis"	The First 48 "Blindsided"	The First 48 (HDTV)				
	628	584	32	SPKE	CSI: NY (HDTV)	CSI: Crime Scene Invstgtn.	TNA IMPACT! (HDTV) (N)	CSI: Crime Scn				
	521	560	34	TLC	Overhaulin' Mustang.	American Chopper	American Chopper	LA Ink "Kim's Big Deal"				
	145	761	35	TV5	Toute une histoire	Club social	Complément d'enquête	Cartes				
	616	521	39	SHO	Painkiller Jane	ReGenesis (HDTV)	Trailer Park	Trailer Park	Saving Grace (HDTV)			
	620	523	40	BVO	Desperate Housewives	Snapshot	In the Mind ...	Intern Academy ★ (2004, Comedy) Peter Oldring, Pat Kelly.	MythBusters			
	520	505	42	DIS	Daily Planet (N)	Ten Commandments of the Mafia	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith
	575	583	43	CMT	The Wilkinsons	The Wilkinsons	Rich Bride, Poor Bride	Corner Gas	The Simpsons	South Park	The Biggest Loser	VIP
	601	562	45	SLC	End of Leash	ET Canada	Rich Bride, Poor Bride	Corner Gas	The Simpsons	South Park	The Biggest Loser	VIP
	625	548	46	COM	Air Force	Just for Laughs	Rich Bride, Poor Bride	Corner Gas	The Simpsons	South Park	The Biggest Loser	VIP
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	Mr. Deeds ★ (2002, Comedy)	
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes-Homes
	627	528	50	SPC	Lost "S.O.S."	Star Trek: Voyager	Star Trek: Voyager	Battlestar Galactica	Chuck (N)			
	581	566	53	MTV	Busted	After	MTV News	Cribs	The Hills	Exiled	Exiled	MTV Live
	618	524	54	TROP	Beverly Hills, 90210	Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	522	506	55	HIS	NCIS "Witness"	Lost Worlds	Dossiers justice (HDTV)	Finding the Fallen	NCIS "Witness"	Autopsie		
	129	773	60	CD	Biographies "Les Culkin"	Wait for God	Keeping Up	Join Us (N)	Confidential	Save Us-House	Divine Design	Real Est
	261	394	61	V	Murder, She Wrote	Divine Design	House	Demolition Man ★★ (1993, Science Fiction) Sylvester Stallone, Wesley Snipes.	Look-A-Like	Live at eTalk	The Tonight Show-Jay Leno	TMZ
	602	567	62	W	Will & Grace	Friends	By the Rapids	renewadepress	Look-A-Like	Live at eTalk	The Tonight Show-Jay Leno	TMZ
	269	350	70	APTN	Suaangan	Wapos Bay	By the Rapids	renewadepress	Look-A-Like	Live at eTalk	The Tonight Show-Jay Leno	TMZ
	621	527	71	TLK	The Ellen DeGeneres Show	TMZ (N)	etalk					

Celebrity Buzz

Spears' 'mistake' marriage

MARRIAGE Britney Spears says marrying Kevin Federline was a mistake, femalefirst.co.uk reports.

The singer, who has two sons, three-year-old Sean Preston and two-year-old Jayden James with Federline, wishes she had never walked down the aisle with the former backing dancer.

"I think I married for the wrong reasons. Instead of following my heart and doing what made me really happy, I just did it for the sake of the idea of everything."



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Spears said in a promo for her new TV documentary *Britney: For the Record*.

Spears also revealed the divorce has influenced her music.

"Your music is a reflection of what you're going through,"

Spears added. Spears and Federline married in September 2004 and split in the summer of 2006. Their divorce was finalized in July 2007.

Cyrus careful with company

TRUST As she approaches her 16th birthday, Miley Cyrus says she is learning to keep her guard up, People.com reports.

"I think you have to be really careful about the people you trust," the Hannah Montana star, who turns 16 on Sunday, tells Ellen DeGeneres in an interview. "There (are) very few, two or three people that I would actually go to with anything and know that it would never

leave the room," she says. "Two of those are my parents."

And the other person in Cyrus's inner circle? Boyfriend Justin Gaston, 20. Giggling in her Ellen interview, Cyrus says the two have been dating for "a couple months."

She adds: "He's a singer, he's really cute, and he's nice and he's a Christian, and I really like that."

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Duff wants more TV guest work

CAREER Hilary Duff is begging TV bosses to give her roles in hit shows *The Office* and *30 Rock*, after signing a deal with the network behind them, imdb.com reports.

Duff recently signed a one-year contract with NBC, which will result in her fronting a new show.

The deal will also lead to Duff making appearances in other programs the network broadcasts. And she has already registered her preference.

When it comes to her own show, the former *Lizzie McGuire* star wants

to come up with something new and refreshing.

"I would like to do something funny ... or I would like to kick ass or something," the 21-year-old tells MTV News.

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HELLO!

Hot shot of the week



JENNIFER TAN/GETTY IMAGES

Sarah McLachlan, 40, now separated from her husband of 11 years, Ashwin Sood, has worked through her pain with two new, personal songs on her greatest-hits album, *Closer*. The Vancouver-based singer-songwriter says she's in a good place. "I've lived my life very instinctively and it's worked out pretty well up to this point," she tells HELLO! Canada.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Mills turns tables on tabloids

CELEBRITY Sir Paul McCartney's ex-wife Heather Mills has made complaints against three U.K. national newspapers for inaccurate reporting, invasion of privacy and harassment, imdb.com reports.

Mills was heavily criticized in the press for her conduct during her messy divorce from the former Beatle, in which she won a settlement of \$38 million US.

The former glamour model has now asked the U.K. media's governing body, the

Press Complaints Commission, to investigate the Daily Express, Daily Mail and Britain's *The Sun* over stories the newspapers have published about her.

She has also complained to the PCC about the conduct of the free local newspaper *London Lite*. It will investigate her claims and the newspapers could face a reprimand if the allegations are proved.

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Martin planning to retire soon?

CAREER Chris Martin is reportedly planning to retire next year, femalefirst.co.uk reports. The Coldplay frontman doesn't want to become an aging rock star and is keen to quit music before he feels too old.

"I'm 31 now and I don't think bands should keep going past 33," he reportedly said. "So we're trying to pack in as much as possible. Up until the end of next year, we'll just go for it in every sense. I don't believe in

time off. We've still got our own hair, we can still fit in to our musical trousers and we've got to make the most of that."

Martin added that his band has only had a successful year because its rivals have taken a break.

"The reason we're the biggest band in the world at the moment is because the others are on holiday," he said. "That's how you get your breaks. That's how the understudy gets his opportunity."

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Jackman named Sexiest Man Alive

CELEBRITY Actor Hugh Jackman has been named People magazine's Sexiest Man Alive. After pouring over a list of eligible, high-profile film stars, musicians and athletes, editors at the magazine named the 40-year-old its No. 1 of 2008.

Jackman succeeds last year's top man, actor Matt Damon. Meanwhile, Jackman has responded modestly to news of his sexy status: "My wife (Deborah Lee Furness) said, 'I could have told them that two years ago.' Then she said, 'Obviously Brad Pitt wasn't available this year.'"



METRO NEWS SERVICES

Dates keep marriage fresh: Klum

MARRIAGE She has been married to Seal for three years, but Heidi Klum still feels like a newlywed, People.com reports.

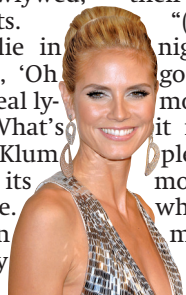
"Sometimes I lie in bed and I'm like, 'Oh my God, there's Seal lying next to me. What's he doing there?'" Klum tells *In Style* in its December issue. "Our honeymoon period is definitely

not over."

How do Klum, 35, and Seal, 45, keep the spice in their relationship?

"(We) have date nights," she says. "We go to dinner or to the movies. We like to keep it romantic. Some people wake up in the morning and turn over when they see their mate. That's not us."

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Love dismisses concerns she's suicidal

HEALTH Courtney Love has denied she is suicidal, femalefirst.co.uk reports. The former Hole singer, sparking fears over the weekend after she flooded her MySpace blog with more than 60 entries, ad-

mits she occasionally gets depressed. "I don't ingest alcohol and to even make the merest suggestion of a crack pipe is insane and mean and a lie, which you know perfectly well," she wrote.

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Scarlett's shocker

CELEBRITY Actress Scarlett Johansson is still shocked over the vulgar remarks Lindsay Lohan allegedly scribbled about her on a New York City bathroom stall because she barely knows her, imdb.com reports.

The actress reportedly wrote "Scarlett is a bloody c—" with permanent marker before making her exit during a night out in 2006.

Johansson is still baffled by the graffiti, since the two actresses have only met a handful of times.

"I don't know what the motivation was," she tells *Allure* magazine.

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J.J. SAID
IT WOULD!



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CTV
NEWS

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Crossword across

1 Baby bed

5 Ostrich's cousin

8 Unwanted e-mail

12 Staffer

13 Operated

14 Spelunkers' place

15 Yuletide rendition

16 Joan of —

17 On in years

18 Plays for time

20 Domesticate

22 Average guy

26 Take five

29 "The Gold Bug" author

30 Convent denizen

31 Actor Sharif

32 Lair

33 "Beetle Bailey" dog

34 Writer Tan

35 Shell game item

36 Beginning

37 Average address

40 Bleak, as literature

41 Impudent

45 Building block name

47 Chances, for short

49 Regulation

50 Piece of work

51 Rage

52 Sorts

53 Use a paper towel

54 Heavy weight

55 Evict

Crossword down

1 Supermarket stack

2 Laugh-a-minute sort

3 Concept

4 Sylvia Plath work, with "The"

5 Obliterate

6 Scratch

7 Anointing ritual

8 Rascally one

9 Exhibitions

10 "Hail, Caesar!"

11 Not sml. or lge.

19 Bagel topper

21 Pink-slip

23 Lance

24 Just adorable

25 Entanglement

26 Leave your cell area

27 Jane Austen heroine

28 Storing

32 Motown

33 Easternmost Great Lake

35 Omega preceder

36 "— the ramparts ..."

38 Lariat feature

39 Jed Clampett portrayer

42 Bantu speaker

43 Benevolent order

44 Egg container

45 Depressed

46 Beside (Pref.)

48 Paid player

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

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Find today's answers + play more games at [metronews.ca](#)

SUDOKU SOLVE TIME:

Under 13 min

Genius

13-17 min.....

Scholar

17-21 min

Smart

21-25 min

Not bad

25+ min.....

Keep practising

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Your reputation is on the line. Don't fall for a fake persona. A friend is playing against time.

LIBRA

SEPT 23-OCT 23

A compulsion to win helps you to manipulate your resources. Naughtiness makes you grit your teeth. Assert yourself to ensure co-operation.

TAURUS

APRIL 21-MAY 21

A family member is willing to share knowledge. Grand gestures won't impress you. Time will provide the truth about silly complaints.

SCORPIO

OCT 24-NOV 22

Refuse to be disheartened. A woman calls your name to play a game. Someone's relief is plain enough for everybody to see.

GEMINI

MAY 22-JUNE 21

Forced obedience causes a slow burn. Irrelevant amusement begins to get boring. A compromising friend wants to talk too much again.

SAGITTARIUS

NOV 23-DEC 21

A wonderful woman releases you from inhibitions. Avoid using mind-altering substances. An extreme reaction will baffle a lazy creature.

CANCER

JUNE 22-JULY 22

The manipulation of friends begins to rankle. Discourage someone's kleptomania. Create new opportunities for a family member.

CAPRICORN

DEC 22-JAN 20

You'll find satisfaction in caring for the hopeless. Try to ignore it when someone gets away with a crime. Pay attention to mischief-makers.

LEO

JULY 23-AUG 23

Outrageous things will happen. Expending too much effort brings no reward. Communicate the importance of giving and receiving love.

AQUARIUS

JAN 21-FEB 18

A love affair makes your head spin. Stand firm when exposed to fine feelings. A bashful buddy wants to help but fears rejection.

VIRGO

AUG 24-SEPT 22

A family provides shelter and protection. Persuade someone to do the right thing. A situation improves when you speak your mind.

PISCES

FEB 19-MARCH 20

Have your sewing tools and first aid kit handy for emergencies. Be ready for a few surprises. A comforting treat will be provided.

This day in history

NOV. 20, 1194: Palermo is conquered by Emperor Henry VI.

NOV. 20, 1789: New Jersey becomes the first U.S. state to ratify the Bill of Rights.

NOV. 20, 1917: Ukraine is declared a republic.

NOV. 20, 1947: The Princess Elizabeth marries Lt. Philip Mountbatten at Westminster Abbey in London.

NOV. 20, 1974: The United States Department of Justice files its final anti-trust suit against AT&T. This suit later leads to the break up of AT&T and its Bell System.

NOV. 20, 1985: Microsoft Windows 1.0 is released.

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WORDY GURDY®

BY TRICKY RICKY KANE

1. David Letterman's Top Ten essence (1)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word."

2. Film spool bargain (1)

3. Fast magician's stunt (1)

4. Hired thug's soup utensils (1)

5. More distinguished rink user (2)

6. "Peanuts" boy's nasal passages (3)

7. Prohibiting "Hello, Dolly!" star Carol (2)

8. GREATER SKITTEE 9. REEL DEAL 3. QUICK TRICK 4. GOONS SPOONS

1. LIST GIFT 2. LINTUS SINUSES 7. LINTUS SINUSES 7. LINTUS SINUSES

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